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Stress at work: Psychodynamics in asymmetrical work relationships**Andrew Firestone and Susan Oliver**

Psychiatrists in private practice, Australia

In this presentation, two Psychiatrists with extensive experience in psychiatric workplace casualties offer an examination of stress symptoms in the context of asymmetrical work relationship stress. Helpful psychodynamic principles are discussed, and the clinical equation of panic attack=suppressed forbidden rage is suggested as a valuable pointer in clinical cases of work stress. Anxiety is only one of several responses to trauma. A case series of panic attacks in 33 patients is presented to confirm the high incidence of comorbidity of panic disorder with the depressive spectrum. It is suggested that chronic disability may be prevented by open acknowledgement of irreconcilable asymmetrical relationships, as occurs in marital therapy and in the DSM system a new V-Code “irreconcilable work difficulties with a superior” should be added.

Biography

Andrew Firestone (MRCPsych, FRANZCP) is a Family Therapist and doing his private practice in Melbourne. He has interest in Cultural Psychiatry.

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